

Talk to a friend or trusted adult

Dance

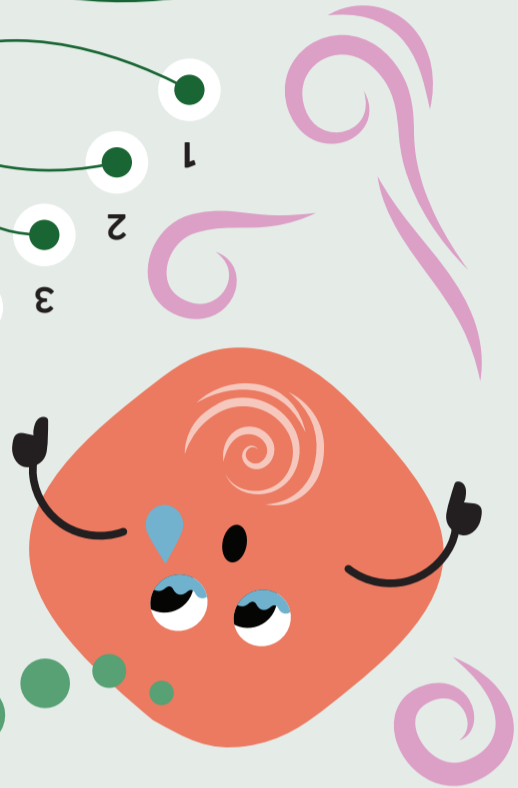
Draw

Add your own strategy

“ Let it in, let it out, let it rain, let it snow, let it go. ”  
Bruno, Encanto

Follow the lines and choose a way to help Blob.

Blob is feeling overwhelmed by lots of emotions and doesn't know how to express these feelings!



### What Does Express Yourself mean?

It means to *show* your feelings.

### Why is it important for Children's Mental Health?

When you express your feelings we can learn and understand more about you. This will help people to support you better, especially when you need it the most.

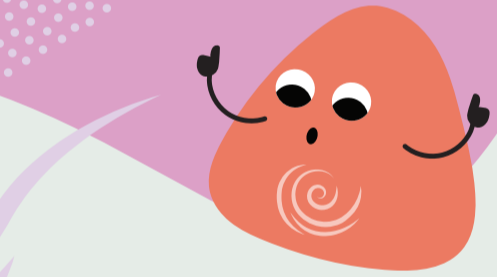
### How can I express myself?

You can express yourself in lots of different ways; you can talk about how you feel, or draw, or make something to show how you feel. This week Unlocking Potential are inviting you to express your feelings through fun activities and help us to get to know each of you a little better, and maybe even help you to get to know yourself a bit better.



Unlocking Potential (UP) are a children's mental health charity who work collaboratively with schools to support children and young people with social, emotional and mental health needs (SEMH).

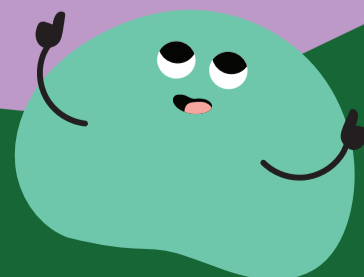
Registered charity number: 1163932



Unlocking Potential

## Children's Mental Health Week

6th-12th February 2023



# Express Yourself

## Feelings And Emotions

s c y e e z z u y e o v h o c d y  
 c o a v l g b a e m w o r r i e d  
 a e n j h a y y q c k r m a x k e  
 r e n v a l o v e c o n f u s e d  
 e r o n p m y v a j g t y c j g q  
 d y y o p d k s a d u s t z p l q  
 m l e t y c f t h q u i j f l o k  
 o p d m l m w f f k p l p d a s a  
 j e a l o u s q k k s l c n y x j  
 k b y d o e j v i v e y q p f w o  
 y o d r v x m o x y t t m m u k g  
 h r b z c c h z r j g v d m l f d  
 s c x a x i c n e r v o u s r r y  
 w e s n v t x a z e k t c x y t w  
 a u a g w e s i e p i h o v r l h  
 s s g r y d k g r a t e f u l t f  
 y u z y i j b z j o o w i j x t m

“ People have all kinds of sides to them, Mei, and some of them are messy. ”

*Jin, Turning Red*

- |         |          |          |
|---------|----------|----------|
| angry   | annoyed  | confused |
| excited | grateful | happy    |
| jealous | love     | nervous  |
| playful | worried  | sad      |
| scared  | silly    | upset    |

## Positive Ways To Express Yourself



### ACROSS

3. Something you play with others (5)
7. How you express yourself through the clothes you wear (5)
8. Something you do when your sat with your friends (7)
10. When you use pencils to create a picture (7)

### DOWN

1. When you move to music (5)
2. When you use paint to create a picture (8)
4. When you write something that rhymes (4)
5. When you \_ \_ \_ \_ along to a song (4)
6. Something you do at breaktime with your friends (4)
9. When you write a \_ \_ \_ \_ to someone to tell them how you feel (4)

## Spot The Difference

Can you find all 10 differences?

- 1 2 3 4 5 6 7 8 9 10

